Summer 2013



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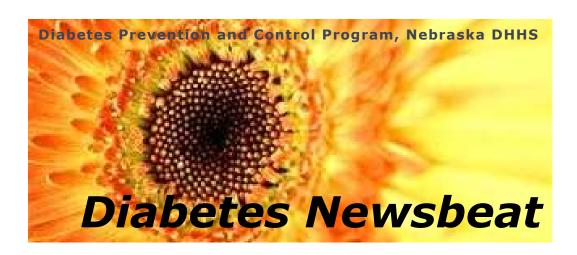
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Program helps Nebraskans with diabetes

A free, six-week program is available for Nebraskans to help better manage diabetes or other chronic conditions.

Developed by Stanford University, Living Well is a chronic disease self-management program. Each workshop consists of six classes that help people who have ongoing health conditions learn skills for living a full, healthy life. Participants learn how to take small steps toward positive changes and healthier living. The workshop will build participant confidence and improve their ability to manage day-to-day life.

Classes are offered in many parts of the state, and the lead-

ers of the
workshops are
volunteers
who have
experience
living with, or
caring for someone with,
chronic conditions.

The program has been successful with 393 people attending the 36 Living Well workshops in the past year. Two hundred sixty one people completing all of the workshops' sessions. Eighty-six of the attendees listed diabetes as their chronic health condition.

For more information about the Living Well program, go to <u>www.livingwellne.org</u>. The site features a calendar of classes and more detailed information about the program.

Living Well

Classes are continuously added to the calendar, and the fall and winter months are typically the busiest for the program. If you do not see a workshop for your city, please contact us at (402) 471-2648.

There is also information on the site for those wishing to volunteer as leaders.

— Diabetes Prevention and Control Program

Those at risk for Type 1 diabetes sought for study

If someone in your family has type 1 diabetes, you and other family members may be at risk.

Want to help scientists learn more? Complete a free screening to see if you can take part in an NIH-funded study that's searching for ways to delay or prevent type 1 diabetes. You can get screened even if you live far from a study site.

The study, called Type 1 Diabetes TrialNet, aims to screen more than 20,000 relatives of people with type 1 diabetes each year.

In the past, relatives who wanted to participate in the study had to visit a study site or attend a screening event. Now, potential volunteers can answer a few online questions at <u>www.diabetestrialnet.org</u>.

If you're eligible for the next step, you'll receive a kit in the mail. The kit will direct you to a local lab for a free blood test to look for factors related to diabetes. Page 2 Diabetes Newsbeat Summer 2013

Classes starting soon in Diabetes Prevention Program

Diabetes Prevention Program classes are currently starting in the Panhandle, so it is important to get pre-registered as soon as possible.

The classes focus on five core subjects: Healthy eating, weight loss, stress reduction and coping skills, increased physical activity and lifestyle change. All programs are led by a lifestyle coach who has been trained in the program curriculum. Participants meet weekly for 16 weeks, then monthly for the remainder of the year.



During the program, participants keep track of their food intake and physical activity, and they work with the lifestyle coach and their group to overcome barriers to a healthy lifestyle. This program works, because as the Diabetes Prevention Program research study showed, people at risk for type 2 diabetes can significantly reduce their risk by losing 7% of their body weight through healthy eating and physical activity. The supportive group interaction is also crucial to the program's success.

Please go to <u>www.pphd.org</u> to learn more, or contact Tabi at (866) 701-7173, ext. 107, or <u>tprochazka@pphd.org</u>.

— Diabetes Prevention and Control Program

Teach a Kid to Fish sponsors Energy Walk, 5K in Lincoln

From babies in strollers to fast-paced grandmothers, the Energy Walk planned for July 20 is a great way to be part of the Cornhusker State Games.

The Energy Walk, a two-mile stroll or a 10k trek through the Fallbrook neighborhood, is modeled after the Cornhusker State Games Volkswalk. It is a family-friendly event for all ages, benefiting Teach a Kid to Fish.

The two-mile walk is great for families with small children, and the 10K walk is great for active families and mature adults. Check-in starts at 6 a.m. in the Ameritas parking lot, and participants may begin their walk anytime between 7 a.m. and Noon. Spectators and walkers



are encouraged to stay for a post-walk festival. To register, go to http://www.cornhuskerstategames.com/energy_walk.

New this year, the Energy Walk will be followed by a fun Energy Festival with many family activities. There is also a 5k run which also benefits Teach a Kid to Fish. It is an evening event that starts at 8:30 p.m. This year's 5k Run will be during Energy After Dark, a celebration featuring local

food, beverages and the music of D'Funk.

To prepare for the events, there is a free six-week training program for families and individuals. Teach a Kid to Fish, NE YMCA, and Dawes Middle School have developed an inclusive program that will reach out to families in Lincoln to give them the opportunity to train and prepare for the Energy 5K Run and Energy Walk. The training program will teach participants the basics of walking and running and build an overall foundation of fitness.

To learn more about The Dawes Energy Challenge or about the events, contact info@teachakidtofish.org.

— Teach a Kid to Fish

Risk Factors for Diabetes

You are more likely to develop type 2 diabetes if you have a parent or sibling with diabetes, over the age of 45, have had gestational diabetes, have high blood pressure and high cholesterol levels, are not physically active, are overweight/ obese, or are of African American, American Indian, Asian American, Pacific Islander or Hispanic descent.

Approximately 3.2 million or 13.3 per-

cent of all African Americans aged 20 years or older have diabetes; 2.5 million or 9.5 percent of all Latino Americans aged 20 years or older have diabetes; 118,000 Native Americans and Alaska Natives, or 15.1 percent of the population, receiving care from Indian Health Services (IHS) have diabetes. Native Hawaiians, Japanese and Filipino residents of Hawaii aged 20 years or older are approximately two times as likely to have diagnosed diabetes as white

residents of Hawaii of similar age. The signs of diabetes may include being very thirsty; urinating often; feeling very hungry or tired; losing weight without trying; having sores that heal slowly; having dry, itchy skin; losing the feeling in your feet or having tingling in your feet and having blurry eyesight. You may have one or more of these signs before you find out you have diabetes, or you may have no signs at all

National Diabetes Information Clearinghouse Diabetes Newsbeat Summer 2013 Page 3

Smokers urged to talk to their doctors

The Centers for Disease Control and Prevention launched a "Talk with Your Doctor" initiative as part of its *TIPS* From Former Smokers campaign.

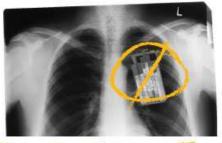
The initiative encourages health care providers to use the *TIPS* campaign to begin a dialogue with patients about smoking and quitting and empowers patients to address the issue with their doctor.

"In Nebraska, we've long recognized the vital role that doctors and health care providers play in helping their patients successfully quit smoking and other tobacco use," said Joseph M. Acierno, M.D., J.D., Director of the Division of Public Health and Chief Medical Officer for the Nebraska Department of Health and Human Services.

"Doctors can positively impact the overall health of their patients by asking them about their tobacco use, advising them to quit and referring them to available resources, such as the Nebraska Tobacco Quitline," said Acierno.
"Likewise, patients can make great strides in improving their health by talking to their doctor about their tobacco use and following his or her advice."

The Nebraska Tobacco Quitline is funded by the DHHS Tobacco Free Nebraska program. The toll-free Quitline – 1-800-QUIT-NOW (784-8669) – gives Nebraska residents free, 24/7 access to tobacco cessation counseling and support services. "Last year, over 56% of callers to the Quitline heard about the Quitline from their doctor or another health care provider," noted Acierno. "We hope to see that number increase."

Recognizing the benefits of patients working with their doctors to quit their tobacco use, the Tobacco Free Nebraska program has developed a variety of tools



Picture Your Life Without Tobacco

QuitNow.ne.gov | 1-800-QUIT-NOW

for health care providers through the years, including patient room posters with tear-off cards promoting the Quitline, flyers and a number of clinician aids.

The CDC's TIPS campaign encourages people to quit smoking by highlighting the toll that smoking-related illnesses take on smokers and their loved ones. For more information about the TIPS campaign, visit: http://www.cdc.gov/tobacco/campaign/tips/index.html.

— Nebraska Department of Health and Human Services

Study: Americans drinking fewer sugar-sweetened beverages

Centers for Disease Control and Prevention

New data from CDC's National Health and Nutrition Examination Survey shows that throughout a 12-year period, U.S. youth and adults lowered their intake of sugar-sweetened beverages (SSB) by 68 and 45 calories per day respectively.

The study is published in the American Journal of Clinical Nutrition and presents the most recent national data (1999 to 2010) on SSB consumption in the U.S.

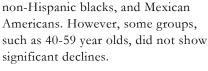
Researchers analyzed energy intake from SSBs among 22,367 children and adolescents aged 2-19 years and 29,133 adults age 20 years and older. SSBs included soda, fruit drinks, sports and energy drinks, sweetened coffee and tea, and other calorically sweetened beverages. Patterns of SSB consumption were

also looked at, including location of consumption and meals associated with consumption.

The study reports a decrease in SSB con-

sumption as measured during a 24-hour period — a finding not seen in previous trend analyses of SSB consumption using NHANES data. Other findings from the study include the following:

— Decreases in SSB consumption were seen across a wide range of sex, age, and race-ethnicities. This was seen among children, adolescents, and adults and in non-Hispanic whites,



— Decreases in SSB consumption occurred both at home and away from home and were associated with both meal times and snack times.

There were decreases in calories from soda and fruit drinks. However, there were not decreases found for sports drinks/energy drinks.

This study gives new depth to the literature because it describes SSB consumption with meals and changes in consumption of soda, fruit drinks, sports and energy drinks, and sweetened coffee and tea.

Read the study at http://aicn.nutrition.org/content/early/2013/05/15/

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Follow tips to manage Type 2 diabetes when travelling

Summer is here, and so is vacation season. If you have diabetes, make plans to manage your disease while traveling so you can stay healthy and enjoy your trip. Before you hit the road, review these tips for taking care of yourself:

- Don't Forget Your Medication
- Pack twice the amount of diabetes supplies you expect to need, in case of delays.
- Keep snacks, glucose gel, or tablets with you in case your blood glucose drops.
- Make sure you keep your medical insurance card and emergency phone numbers handy, including your doctor's name and phone number.
- Carry medical identification that says you have diabetes.
- Keep time zone changes in mind so you'll know when to take medication.
- If you use insulin, make sure you also pack a glucagon emergency kit.
- Have all syringes and insulin delivery systems (including vials of insulin) clearly marked with the pharmaceutical preprinted label that identifies the medications. Keep it in the original pharmacy labeled packaging.
- Find out where to get medical care if

needed when away from home.

— Take copies of prescriptions with you.

On the Road

- Reduce your risk for blood clots by moving around every hour or two.
- Pack a small cooler of foods that may be difficult to find while traveling, such as fresh fruit, sliced raw vegetables, and fat-free or low-fat yogurt.
- Bring a few bottles of water instead of sugar-sweetened soda or juice.
- Pack dried fruit, nuts, and seeds as snacks. Since these foods can be high in calories, measure out small portions (1/4 cup) in advance.

In the Air

- If you're flying and do not want to walk through the metal detector with your insulin pump, tell a security officer that you are wearing an insulin pump and ask them to visually inspect the pump and do a full-body pat-down.
- Place all diabetes supplies in carry-on luggage. Keep medications and snacks at your seat for easy access. Don't store them in overhead bins or checked luggage.
- If a meal will be served during your flight, call ahead for a diabetic, low fat, or low

cholesterol meal. Wait until your food is about to be served before you take insulin.

- If the airline doesn't offer a meal, bring a nutritious meal yourself. Make sure to pack snacks in case of flight delays.
- When drawing up your dose of insulin, don't inject air into the bottle (the air on your plane will probably be pressurized).
- Reduce your risk for blood clots by moving around every hour or two.

Staying Healthy

- Changes in what you eat, activity levels and time zones can affect your blood glucose. Check levels often. Talk with your doctor before increasing physical activity, such as going on a trip that will involve more walking.
- Stick with your exercise routine. Make sure to get at least 150 minutes of physical activity each week.
- Wash hands often with soap and water.
- Protect your feet. Be especially careful of hot pavement by pools and hot sand on beaches. Never go barefoot.
- Make sure you are up-to-date on immunizations.
 - Centers for Disease Control and Prevention

Study finds disturbing trend affecting youths with Type 2 diabetes

Even when they receive the best currently available treatment and close monitoring of their condition,
American youth with type 2 diabetes experience a more rapid progression of co-morbidities than what is typically seen in adults. The findings suggest grave cause for concern.

The most recent findings from the ongoing Treatment Options for Type 2 Diabetes in Adolescents and Youth (TODAY) study reveals that young people who develop type 2 diabetes are heading for a future of complications and that current treatment options are inadequate for this population, according to the study's authors. Two commentaries

and an editorial accompanying the study's results "sound the alarm" for young people, who are increasingly developing type 2, noting that how to effectively treat this population "remains largely unknown" and most drugs known to successfully treat adults have not been studied in children or approved by the FDA to treat younger people with diabetes.

"The TODAY study has shown that youth with type 2 diabetes can face faster consequences than their adult counterparts," said Griffin P. Rodgers, director of the National Institute of Diabetes and Digestive and Kidney Diseases. "Given the disease's more rapid

progression in youth, the need for better treatment and prevention cannot be overlooked."

The study found that youth with type 2 diabetes were developing early and rapidly progressing signs of heart and kidney disease, poor glycemic control and diabetes-related eye disease, even in the group receiving more intensive two-drug therapy, shown in previously released results to be the most effective treatment for maintenance of glycemic control.

To learn more, go to http://www.diabetes.org/for-media/2013/TODAYstudy.html.

— American Diabetes Association Press Release

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Recipes

Potato Salad with Dill

6 medium potatoes 1/2 cup low-fat sour cream 1/4 cup fat-free mayonnaise salad dressing 1/2 cup chopped onion 1 tablespoon fresh dill or 1-1/2 teaspoons dried dill 2 teaspoons Dijon-style mustard 1-1/2 teaspoons lemon juice 1/4 teaspoon salt Pepper as desired

Boil potatoes and cool. Remove skins from potatoes and cut into cubes. Add remaining ingredients; mix and refrigerate. Serve chilled. Makes 10 servings.

One serving:

Calories: 106 Carbohydrates: 19 grams Protein: 2 grams Fat: 3 grams Saturated Fat: 1 gram Calcium: 23 mg Cholesterol: 6 mg Fiber: 2 grams Sodium: 125 mg Potassium: 345 mg Exchanges: 1 carbohydrate, 1/2 fat

Grilled Lemon Chicken

1/3 cup lemon juice

1/4 cup water

1/2 teaspoon garlic powder

4 small skinless chicken breasts (4 ounces

1/4 teaspoon onion powder

1 teaspoon dried parsley

1/4 teaspoon salt

Mix all ingredients together except for the chicken breasts. Pour mixture over chicken. Let chicken marinate in the refrigerator for two hours or overnight. Grill over a slow charcoal or gas grill on low.

Turn and marinate occasionally until done. Put reserved marinade into a saucepan and bring to a boil; serve on the side as a sauce.

One serving:

Calories: 148 Carbohydrates: 2 grams Protein: 27 grams Fat: 3 grams Saturated Fat: 1 gram Calcium: 16 mg Cholesterol: 73 mg Fiber: Trace Potassium: 248 mg Sodium: 201 mg Exchanges: 4 very-lean meat

Cole Slaw

4 cups shredded cabbage

1/2 cup chopped green pepper

1/4 cup chopped onion

1/3 cup vinegar

1 tablespoon cooking oil

1 tablespoon sugar

1/2 teaspoon celery seed

1/4 teaspoon dry mustard

1/4 teaspoon salt

Mix all ingredients together and chill. Makes six servings

One serving:

Calories: 51 Carbohydrates: 7 grams Protein: 1 gram Fat: 3 grams Saturated Fat: Trace Calcium: 30 mg Cholesterol: o mg Fiber: 1 gram Sodium: 98 mg Potassium: o mg

Exchanges: 1 vegetable, 1/2 fat

For more recipes, contact Joshua Russo at (402) 471-2648, or Joshua.russo @nebraska.gov for a free copy of the 'Healthy Diabetes Recipes and More' cook-

Community Health Worker conference planned in Grand Island

You and your staff have the opportunity to help define and shape the future of Lay Health Ambassadors in Nebraska at the second-annual Nebraska Lay Health Ambassador Summit. The conference is Thursday, July 25 at the Midtown Holiday Inn in Grand Island.

The use of lay health ambassadors is increasing throughout the United States. Also referred to as Community Health Workers, ambassadors serve within medical home models as patient advocates, outreach workers, home visitation liaisons, informal confidants, public health educators and more.

Numerous agencies in Nebraska have utilized health ambassadors for years, and this is your opportunity to help shape the future of this growing trend. For more information about the Summit, go to http:// dhhs.ne.gov/publichealth/Pages/OHDSummit.aspx.

— Nebraska Office of Health Disparities and Health Equity



This will be the final issue of the Diabetes Newsbeat in its current format. Starting in August, the Newsbeat will be available as a monthly email. To join the mailing list, or to opt out of the mailing, contact joshua.russo@nebraska.gov.

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Upcoming Conferences and Events

JDRF Walk to Cure Diabetes — Omaha

8 a.m. registration, 9 a.m. start for the walk; 6:30 a.m. registration, 7:30 a.m. start for the run; Sunday, Aug. 10, 2013 Lewis & Clark Landing, 515 N. Riverfront Drive, Omaha

The JDRF Walk to Cure Diabetes is a fun-filled charity walk held in locations all around the world. The Walk raises funds for the millions of people living with and affected by type 1 diabetes (T1D). Participants, walking alone or in teams, raise money for JDRF—the largest nongovernmental funder of T1D research.

This year's walk is Sunday, Aug. 10, 2013 at Lewis & Clark Landing in Omaha. Registration is at www.walk.jdrf.org. The Walk is essential to JDRF's ability to award research funding and act as a powerful advocate in the T1D community.

In every Walk, walkers and teams come up with creative ways to raise money and promote their participation. And JDRF supports you every step of the way with fundraising tips and tools, like our online Participant Center, that help you ask family and friends for their support. For more information, contact Jamie Gibson at igibson@jdrf.org or (402) 397-2873.

Free Prediabetes Class — Norfolk 4 p.m. to 6 p.m., Monday, Aug. 12, 2013 Faith Regional Diabetes Center, 301 N. 27th St., Norfolk

This class discusses pre-diabetes, what lifestyle changes individuals can make to prevent diabetes and other health problems. Topics covered include healthy weight, nutrition, cholesterol, high blood pressure and glucose levels. Instructed by Renae Kauth, Registered Dietitian, Certified Diabetes Educator.



Call the Health Resource Center at (402) 644-7348 to register.

What Can I Eat? — Kearney

11:30 a.m. registration, Noon start, Tuesday, Sept. 17, 2013, Kearney

"What Can I Eat?" is an interactive, group-education program that helps individuals see how foods have an effect on their blood sugar. Participants will learn about the importance of meal planning with a focus on carbohydrates. Participants will be empowered to reach their blood sugar (glucose) target ranges, read food labels and keep a log book.

Lunch will be served. For more information, call 877-348-4329 or go to www.BlueHealthAdvantageNe.com.

What Can I Eat? — Grand Island

5 p.m. registration, 5:30 p.m. start, Tuesday, Sept. 17, 2013 Grand Island

"What Can I Eat?" is an interactive, group-education program that helps individuals see how foods have an effect on their blood sugar. Participants will learn about the importance of meal planning with a focus on carbohydrates.

Participants will be empowered to reach their blood sugar (glucose) target ranges, read food labels and keep a log book.

Dinner will be served. For more information, call 877-348-4329 or go to www.BlueHealthAdvantageNe.com.

UNMC Diabetes Update 2013

7 a.m. to 4 p.m., Friday, Sept. 20, 2013 UNMC Sorrell Center for Health Science Education, 619 S. 42nd St., Room 1001, Omaha

The Nebraska Medical Center Diabetes symposium is focused on an update of the care and treatment of patients with diabetes and the impact of obesity in this patient population. These needs include recognizing new guidelines for individualized treatment of Type 2 diabetes and addressing the role of medical and surgical options for obesity management.

In addition, presentations will address how specific needs of this patient population incorporate lifestyle change, nutrition therapy, and medication management into their daily lives.

The conference is intended for physicians, physician assistants, nurse practitioners, nurses, dietitians, and others who work with diabetes patients. For more information, go to www.unmc.edu/cce.

JDRF Walk to Cure Diabetes — Lincoln

1 p.m. registration, 2 p.m. start, Sunday, Sept. 22, 2013, Holmes Lake Park, 70th and Normal Blvd, Lincoln

The JDRF Walk to Cure Diabetes is a fun-filled charity walk held in locations all around the world. The Walk raises funds for the millions of people living with and affected by type 1 diabetes (T1D).

Participants, walking alone or in teams, raise money for JDRF—the largest nongovernmental funder of T1D research.

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Upcoming Conferences and Events

This year's walk is 2.3 miles and it is Sunday, Sept. 22, 2013 at Holmes Lake Park in Lincoln. Registration is at www.walk.idrf.org.

The Walk is essential to JDRF's ability to award research funding and act as a powerful advocate in the T1D community.

In every Walk, walkers and teams come up with creative ways to raise money and promote their participation. And JDRF supports you every step of the way with fundraising tips and tools, like our online Participant Center, that help you ask family and friends for their support.

For more information, contact Jayne Ullstrom at (402) 484-8300 or <u>jull-strom@idrf.org</u>.

Step Out: Walk to Stop Diabetes

1 p.m., Sunday, Sept. 22, 2013, Stinson Park, Aksarben Village, Omaha

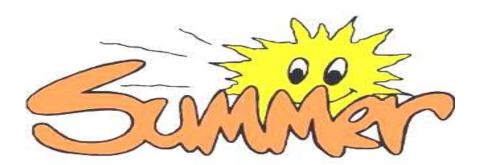
Step Out: Walk to Stop Diabetes is the American Diabetes Association's signature fundraising walk. Step Out is a celebration of fundraising efforts, with music, food, activities for kids, local entertainment and most importantly, the company of hundreds of people who truly understand the impact of diabetes.

Donations are welcomed, but not required to attend the event. For more information, go to www.diabetes.org/stepoutnebraskaiowa or contact Aaron Dauel at adauel@diabetes.org or (402) 571-1101, ext. 6887.

Take Control of Your Diabetes Conference and Health Fair

9 a.m. to 5 p.m., Saturday, Oct. 1, 2013 CenturyLink Convention Center, Omaha

This conference is a great chance to learn from the leading experts in dia-



betes care. Also featured at the conference is the latest information technology, one-on-one consultations with specialists, motivational speakers, a health fair, and a banquet lunch.

The cost to attend is \$20 per person, but it is \$15 if you pre-register with two or more people. For more information, contact Jennifer Collins at (402) 572-2361 or Jennifer.collins@alegent.org, TCOYD at (800) 998-2693 or www.TCOYD.org

Omaha Women's Health and Wellness Conference

8 a.m. to 4 p.m., Friday, Oct. 11, 2013 La Vista Conference Center, La Vista

The conference, themed Healthy Relationships: Enriching your life and improving your health, draws more than 350 women each year.

The conference features exhibits, a health fair, health screenings, educational presentations, handouts, shopping, handouts, meals and more. The conference is hosted by the University of Nebraska Medical Center, the Nebraska Medical Center, University of Nebraska-Omaha, WELCOM and the Olson Center.

Registration will begin July 31. The general registration is \$59 and the nursing registration is \$89. For more information or to join the conference's mailing list,

call (402) 559-6345. More information about the conference can also be found at the <u>conference's</u> website.

What Can I Eat? — Lincoln

5 p.m. registration, 5:30 p.m. start, Tuesday, Nov. 5, 2013, Cornhusker Marriott Hotel, 333 South 13th St., Lincoln

"What Can I Eat?" is an interactive, group-education program that helps individuals see how foods have an effect on their blood sugar. Participants will learn about the importance of meal planning with a focus on carbohydrates. Participants will be empowered to reach their blood sugar (glucose) target ranges, read food labels and keep a log book.

Dinner will be served. For more information, call 877-348-4329 or go to www.BlueHealthAdvantageNe.com.

Excellence in Diabetes Care Symposium

8 a.m. to 4:30 p.m., Friday, November 8, 2013, Embassy Suites Lincoln, 1040 P St., Lincoln

The topic of the symposium will be Changing Outcomes. More information about the symposium will be posted as the event nears. If you have questions, please contact Kristi Eden RN, CDE at (402) 219-8783 or keden@stez.org.





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We're on the Web! www.dhhs.ne.gov/diabetes

Diabetes is:

- The leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States.
- A major cause of heart disease and stroke.
- The seventh-leading cause of death in the United States.

The Nebraska Diabetes Prevention and Control Program is committed to improving the health of the citizens of Nebraska at risk or with diabetes by:

- Facilitating statewide partnerships with health care systems, communities and other partners and stakeholders.
- Coordinating statewide efforts to improve quality of care.
- Collecting and disseminating diabetes surveillance and evaluation data for program development and policy guidelines.
- Facilitating efforts to address health disparities in high-risk populations.
- Developing and promoting population-based community interventions.
- Developing and promoting culturally appropriate health communications.

Video, PSAs highlight CDC's Native Diabetes Wellness Program

American Indian and Alaska Native adults are twice as likely to be diagnosed with type 2 diabetes as non-Hispanic whites. In addition, Native American youth aged 10 to 19 years are developing type 2 diabetes at higher rates than youth in other racial and ethnic groups of this age.

To help combat these trends, the Centers for Disease Control and Prevention's Division of Diabetes Translation, Native Diabetes Wellness Program and the Traditional Foods Program's tribal partners are pleased to announce the availability of 30-second and 60-second video public service announcements (PSA) and an eight-minute video, Our Cultures Are Our Source of Health.

The video highlights the wisdom of cultural knowledge in promoting health and preventing diseases such as type 2 diabetes in American Indian and Alaska Native communities. This video features renowned Cherokee actor Wes Studi and was filmed at the Cherokee Nation in



Actor Wes Studi approaches a stickball game being filmed for a public service announcement in Tahlequah, Okla. (Photo courtesy of the Cherokee Nation)

Tahlequah, Okla.

Tribal communities are engaging youth and families to reclaim traditional ways of health by harvesting local, traditional foods and increasing access to traditional games and dancing, said Cora Flute, health educator for Cherokee Nation's Traditional Foods Project. Her project will "continue to increase awareness that traditional foods are a part of our past that has sustained us

and kept us healthy. Community and family gardens were *essentials* in access to fresh healthy foods and physical activity was part of staying healthy."

The video can be found at http://www.cdc.gov/CDCTV/OurCultures/index.html .

— By the National Diabetes Education Program